

Nation

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Mistissini Evacuated Again



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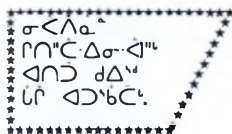
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Ready to evacuate?

by Will Nicholls

A few weeks ago in early June, I witnessed much of the first fire-related evacuation of Mistissini. I watched as lightning struck from the sky. Soon after, I could see a small plume of smoke reach for the sky. It would grow thicker and you knew another fire was on its way to being a problem. There were six fires around the community and those grew to many, many more.

The evacuation, though, was more orderly than one might have expected for a community of this size. The local police were at the band office checking people out. They made sure people had enough gas to make it to Chibougamau. When they arrived in the neighboring town they were told to go to the arena if they didn't have a place to stay.

Our family had no problem, perhaps because my father, Ken Nicholls, used to be a Chief Fire Inspector. He had even fought a huge forest fire in Moosonee. At that time they brought in the Hercules transport planes to evacuate the communities.

Back then we listened avidly to the radio for news. It was the same at Mistissini. That's the first thing you should always do, as regular updates will keep you informed. This also leads to less chances of panicking.

Another good idea is to gather your pets and put them in one room. People have died refusing to leave Fluffy to the flames. If you plan to bring your pets then make sure you have a way to safely transport them. You don't want to go off the road because Rex is attempting to climb on your lap for reassurance. Pets smell the smoke and they know it isn't a BBQ. They freak out just like humans, so be ready.

Arrange for temporary shelter with friend or relatives who aren't in the danger zone. Many Crees had to stay in gyms in Chibougamau. Those with fore-

sight had already snapped up all available hotel rooms.

If you know where you are going, leave a large note on your door saying where you will be and how you can be contacted. This speeds up the search and allows for more of a safety margin for those left behind to "get the hell out of Dodge."

Another tip is to gather important documents such as passports and mementos and keep them in a container so you can easily grab it and go. You can also save family pictures and grandmom's wedding ring this way. It helps to give you piece of mind.

Also bring changes of clothing, including (especially) underwear. You'd be surprised at how many people forget fresh undies. Don't forget hygiene and pack soap, deodorant, shampoo, toothpaste and toothbrush.

Make sure you have water and snacks. While Mistissini's evacuation was relatively orderly it was still time consuming and you or the kids may get hungry or thirsty.

Take it easy and don't panic when you evacuate as you may have an accident and hinder the evacuation.

One last thing: don't forget debit cards, credit cards and any cash you may have on hand. You will have to live on them for a while.

I wasn't home for Mistissini's second evacuation June 16 but it has been hot all over Eeyou Itsee and it still isn't safe. We might even see a piece of the heat wave coming in from out west. This will further increase the danger.

Be very careful when in the bush. Mistissini's fires so far this year have been started by lightning, but human carelessness in the forests can be just as devastating.

Thanks to Ken Nicholls for helping with the evacuation tips.

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on the cover

Photo: Jack Quinn

Design: Alexandre Costa

Quench for Fire



After having often watched, mainly for the education mind you, Quest for Fire, in which fire was revered and carried about in some pre-historic gadget to guard an eternal flame long before our trusty Bic was around, now I'm finding fire to be somewhat more of a nuisance.

Forest fires blazing out of control, causing massive evacuations, used to be a rare occurrence. No one was ever really close enough to feel the heat or smell the smoke. Then the big hydro project came along and the first time anyone ever felt the hot flames flicker into their world, a summer that reached 116 degrees Fahrenheit, five more than 9/11.

The unbearable heat, already causing much anguish to the imported workers from the south and from Italy (many workers came from Sicily, most went back), helped create an angry force of seething discontent. The heat, so hot that you could melt cheddar on a plate of cold greasy poutine in the shade, ignited a raging firestorm that caused panic amongst hardened labourers, and brought the giant of development to its knees in helpless defeat.

The workers, meantime, continued their mayhem and the authorities carried out a frantic evacuation with squadrons of jumbo jets leaving the area, the flight attendants carefully doling out cold cinquantas to the needy and the dehydrated.

That was first time contemporary Cree were exposed to fire at such a large scale and so close to home. Of course, one could only imagine the scope of the evacuation and the brute force used to quell the fire, while the population equal to that of

the entire Cree Nation left for a day or two.

Today, fires are starting earlier every spring, and summer has yet to the change the green grass and leaves to brown – not from the cold, but from lack of water. Last summer, the leaves turned in July and fire reports were monitored in the same fashion as the weather report. Not so surprisingly, bad weather meant relief from the heat.

I look out my window today and thank God that it's raining again and will rain for the next two weeks, or at least cloudy from dusk to dawn with real clouds made up of hydrogen and oxygen and not acid or sulphur.

Fires do have their benefits, however. When the smoke lifts to the skies, it eventually meets up with cold air and the microscopic ashes cool down and collect water molecules, which amazingly, instantly become clear, clean, charcoal-filtered water as it rains down. Of course, tire fires do the same thing, but the rain tastes like it's been hanging around for a good year in the upper atmosphere before raining down in the suburbs.

As for the people who fight fires, retreat seems to be the option these days, as fires creep closer and closer to the communities and more and more people leave their homes for an unknown future. The communities, facing a fire in the back yard for the umpteenth time, have become conditioned to carrying out their emergency civil duties and are always carried out in a fashion that will be forever remembered and thanked for.

So far, no one has succumbed to the heat and smoke and I am hoping it stays that way.

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Forest fires hit Mistissini again

More evacuations as fire creeps to within feet of homes

Forest fires, thought to be caused by lightning, came to within mere feet of some Mistissini houses and left many residents thinking they had seen the last of their homes.

"I've been a firefighter for 12 years and in my mind, I didn't think my house would be there when I got back," said volunteer fireman Jeff Spencer of the June 16-18 evacuation. "I took my camera, my laptop and ten photo albums. I tried to save whatever memories I have."

The possibility of the community partially burning became a reality when a mobile home caught fire on the edge of town. Firefighters, already struggling with larger fires and with barely enough hose to go around, snapped up a garden hose and put it out. Luckily, no one was in the trailer at the time.

La Société de protection des forêts contre le feu (Sopfeu) said that up to 3000 hectares have burned in the latest string of fires.

"The second fire came really close to the community and was really dangerous," said Chief John Longchap. "We had a lot of dense smoke in the community. It was a very anxious time in the community. Fortunately our firefighters were able to put out the fires that came close to us."

Longchap told the Nation that the fires were so intense that the flames were 20 stories high in some places.

"We couldn't even see one street over," he said. "We've had more cases of anxiety at the hospital than the first time because some people thought the community

photos and story by Steve Bonspiel



would catch on fire and burn down. There was a real possibility of that happening."

"Our guys did a fantastic job," said Spencer. "Sopfeu was a great addition to our team and we all worked together. These young guys ought to be commended for their dedication and the job they did."

Spencer mentioned that the firefighters also went out to Perch River, 20 kilometres away, and saved one community members' camp.

"This last evacuation just proved to me that there is a great future for the community in firefighting."

Most people were evacuated to Chibougamau where they stayed for two days at the hospital, the arena, the Native Friendship Centre and the schools.

"Sopfeu and the firefighters were the front line people and we owe it to them that our community didn't burn," said Chief Longchap. "At one point we had 80 Sopfeu ground crew and 10 helicopters, plus water bombers. They got the fires under control and they made sure they were completely out."

Longchap also had high praise for a few other volunteers who stayed behind to help.

"The volunteers that stayed behind in the community deserve credit and deserve to be recognized," said Chief Longchap. "Jack and Christopher Quinn stayed behind to provide food for people in the community. It was important to give the firefighters and others that stayed behind food that gave them the proper nutrition. I tip my hat to the people that helped in anyway they could, especially Jack and Chris."

When asked about the old saying that bad things come in threes, Longchap was optimistic. "Two evacuations in less than two weeks are enough," he continued. "I'm hoping for more rain in our area soon."

Longchap said that community members who notice a fire or a "hot spot" should notify the leadership immediately and wait in their home for further instruction.



Official Court Notice



The Indian residential schools settlement process has begun. The healing continues.

The Indian residential schools settlement process has started. First, through these initial notices, former students and their families will learn how to give their views on the fairness of the settlement. Then, Courts across Canada will hold public hearings. If all the Courts approve the settlement after those hearings, another notice will be distributed to explain how to get a payment from the settlement or be excluded from it.

Considering the 80,000 living Aboriginal people who are former students of the residential school system, the settlement provides:

1) At least \$1.9 billion available for "common experience" payments to former students who lived at one of the schools. Payments will be \$10,000 for the first school year (or part of a school year) plus \$3,000 for each school year (or part of a school year) after that.

2) A process to allow those who suffered sexual or serious physical abuses, or other abuses that caused serious psychological effects, to get between \$5,000 and \$275,000 each. You could get more money if you also show a loss of income.

3) Money for programmes for former students and their families for healing, truth, reconciliation, and commemoration of the residential schools and the abuses suffered: \$125 million for healing, \$60 million to research, document, and preserve the experiences of the survivors, and \$20 million for national and community commemorative projects.

You don't have to show you were abused to get a common experience payment, and you can get one even if you had an abuse lawsuit, and even if you settled it.

You can object to the settlement if you don't like some part of it. If you have an objection, you must by **August 25, 2006**, send an email to objections@residentialschoolsettlement.ca, write to

Residential Schools Settlement, Suite 3-505, 133 Weber St. North, Waterloo, Ontario N2J 3G9, or call toll free 1-866-879-4913. Be sure to explain why you are against the settlement, and include your name, the school(s) you attended, your address, and telephone number.

If you object, it will be considered at a settlement approval hearing. You may ask to speak at the hearing in the Court overseeing your claim. The hearing that affects you is generally based on where you now live (see the centre box).

As part of the settlement, the government will pay lawyers representing former students up to approximately \$100 million in fees, plus costs and taxes. You don't have to hire a lawyer to object, and you don't have to hire and pay a lawyer to get a common experience payment once the claims process begins. Of course, you may hire your own lawyer and pay that lawyer

to object, speak for you at a hearing, or represent you with an abuse claim. Call 1-866-879-4913 with questions about the settlement, or go to www.residentialschoolsettlement.ca to read a more detailed notice or the settlement agreement.

The Court Hearings

Court	Date
Ontario	August 29-31
Québec	September 8
Saskatchewan	September 18-20
Northwest Territories	October 3-4
Manitoba	October 5-6
Nunavut	October 10-11
British Columbia	October 10-12
Alberta	October 12-13
Yukon	October 16-17

If you attended the Mohawk Institute in Brantford, go to the Ontario hearing. Otherwise, go to the hearing in your Province/Territory. If you live in Labrador, New Brunswick, Newfoundland, Nova Scotia, Prince Edward Island, or outside Canada, go to the Ontario hearing. The exact times and locations are in a detailed notice. To get one, contact:

1-866-879-4913

www.residentialschoolsettlement.ca

IND-AB-S-SUM-ENG

Cree vocational training centre grand opening

by Steve Bonspiel

Looking for a better education? Cannot find it in your home community? Waswanipi and the newly opened Sabtuan Regional Training Centre might be just the place to go.

The unveiling of the \$18.3 million complex for students searching for vocational training took place May 31, much to the delight of the Cree School Board.

"It went really well. We considered it a success," said Cree School Board Director General Abraham Jolly. "We wanted to have a vocational avenue for our students. In our system right now it seems to be more academic. We talk about success with our students and I think that in order to have that success, there has to be that avenue of education as well in the vocational field. A lot of our students are more inclined to hands-on training."

The centre has been open since classes started in the fall of 2005, but an official grand opening ceremony hadn't been staged until now. Initially the grand opening was planned for the fall, but Jolly said the CSB preferred to delay it until such time as "it was up and running and programs were being delivered."

Aside from the main training centre, the complex includes teacher and student residences.

"When we started negotiations with the Education Ministry, the vocational training centre was one of the main issues tabled," said Jolly, who added that the CSB was looking to enhance the vocational options of everyone in Eeyou Istchee, not just those in Waswanipi. The centre is open to all James Bay Crees.

"It was in 2002 that the MEQ encouraged us to pursue the idea of a vocational training centre," Jolly noted. "They allocated some monies for us to do a study on it. Once the study was done, which included visiting other centres in Quebec, we had a fair idea as to the kind of vocational training centre we wanted for the Cree School Board."

Courses offered at the centre presently and in the near future include: carpentry, electro mechanics, welding, heating and refrigeration, hairdressing, computer repair, cooking and nursing.

Sixty students entered four programs this past September and Jolly said that soon they hope to fill



the facility to its capacity of 120 students.

"We're looking into different programs and we're hoping to be full this year," said Jolly. "The programs are offered at different times of the year and some courses overlap. It looks like it will be more full and demanding than we anticipated, but we did build it in such a way that we can expand it down the road."

The centre is open, and can house students from all over Eeyou Istchee. All one has to do is apply.

"We're trying to offer programs though the vocational training centre that would cater to our students," he said. "Before, a lot of them would take vocational programs outside the community. Now we're trying to offer courses that would be adaptable to the Cree studying and also where our Cree students could engage in the programs we offer."

Courses range from 600 to 1,800 hours and are one or two years in duration. The principal funding is providing by the Ministry of Education via the CSB's Continuing Education program.

"I think it's quite an accomplishment for the Cree School Board to have such a facility," said Jolly. "Just to have it here says a lot for the Cree School Board and the Cree Nation that there is an avenue here for our Cree students."





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Air Creebec wins medi-vac contract

The wait is over for those who have longed for the day when Air Creebec would be able to do simple, non-urgent hospital transport from Eeyou Istchee to Montreal.

On June 7, Air Creebec signed a medical shuttle contract with the provincial government. The two-year contract effectively breaks the stranglehold rival Prop Air had on the Abitibi region. Air Creebec will transport Natives as well as non-natives twice a week for various operations at larger institutions such as the Montreal General Hospital.

"We pick up patients in the Abitibi-Temiscamingue region, namely Val d'Or, La Sarre, Amos and Rouyn and we bring them to the big centres, namely Montreal and Quebec," said Air Creebec Director General Dave Bertrand. "It enables the hospital to free up the beds quicker. We bring them there and we re-transport others back home as needed."

The service started June 19 and is part of Air Creebec's ambitious strategy to expand by underbidding other carriers.

In early 2006, Air Creebec announced the signing of a three-year, \$10.3 million deal transporting materials and workers to and from the new DeBeers Diamond mine near Attawapiskat.

This deal is worth \$500,000 to \$750,000, depending on the number of transports, according to Bertrand.

It is part of Air Creebec's attempt to woo other towns's medi-vac transport business now that the province recognizes them as a qualified carrier.

The company has purchased a new aircraft, a King Air 100, with two stretchers and two incubators. Air Creebec also supplies two nurses in a subcontracted deal with a private firm.

"It means a lot to Air Creebec because we've been trying to do medi-vacs in the north, but we weren't a certified carrier by the government," Bertrand observed. "Now that we have the contract, we're officially recognized as medi-vac transporters."

Bertrand also said that with this contract and ones similar to it in the future, Air Creebec is trying to lure as many Cree pilots as they can.

The next step is to visit each northern area with an airstrip in the north that also needs medi-vac transportation to propose Air Creebec as a cheaper and wholly reliable alternative.

"We're also looking at purchasing more aircraft if everything works out," said Bertrand. Air Creebec continues to share with Prop Air the medical evacuation flights from the Cree communities. Prop Air's total number of flights during all of 2005 and up to mid-June was just

42. "We're hoping to triple that number soon," Bertrand said.

Harper gov't says no to self determination

Canada's Conservative government says it will vote against adopting a treaty on the rights of Aboriginals worldwide at the United Nations' Human Rights Council in Geneva, Switzerland.

According to a CBC news story, Indian Affairs Minister Jim Prentice was firm on the Tories' stance. "It contains provisions that are inconsistent with the Constitution Act of 1982," Prentice said. "It's quite inconsistent with land-claims policies under which Canada negotiates claims."

He also added that the document would hinder talks for Aboriginal land claims and resource rights on Native land.

The document has taken 20 years to write. It would not be legally binding, but more of a symbolic show of support towards Aboriginals across the world.

The United States, Australia and New Zealand released a joint statement last month saying that in their opinion, Aboriginals do not have the right to self-determination as it contravenes international law.

Who is a real 'doctor'?

It's crucial to understand the difference between a Ph.D. and an honorary doctorate

We encourage our young people to get an education and if possible even strive to the top of the academic world. In the white education system, a person who attains the highest level of education earns a Ph.D. It takes up to 14 years of university study to earn this 'highest' degree, which gives graduates the right to use the title "Dr." in front of their names. In order to get a Ph.D., one has to obtain at least three university degrees; the first degree is a Bachelor (B.A.) degree; the second is usually is usually another B.A. degree in a specialty area; the third is a Master's degree; and the fourth one is the Ph.D.

It takes a lot of work, and that is why there are so few Natives (and non-Natives) who accomplish such a degree. So when our youth hear about one of their own people attaining a Ph.D., it brings pride and hope to them because

they realize that even big dreams are attainable.

In the past few years we have heard of several people, especially some in leadership positions, who use the title "Dr." How did these people get this title? When did they put 12-14 years of their lives aside to earn their degree?

It is imperative that our children and youth understand the difference between a real degree and an honorary degree, because this has created confusion among our youth. Those with honorary doctorates have little or no university education. Anyone can get an honorary doctorate from a university. It takes one person to nominate them and to convince a small group of university representatives to decide that someone will get an honorary doctorate. These honorary doctors did not slave 12-14 years to decide that someone will get an honorary doctorate for their work (for which some of them got big financial compensation, by the way) and there are some very sincere and dedicated people who have volunteered years of service

without pay.

Many times people will seek honorary doctorates for political reasons, and sometimes that university will do the same if they want to get into financial partnerships with certain Native groups. There are hundreds of Native people across Canada who have received honorary doctorates, and they refuse to use the title "Dr." Why? Because they respect and honour the real doctors with Ph.Ds. There are some Native people who have six or more honorary doctorates and they still refuse to call themselves "Doctor" because they are humble and respectful to those people who give up years of their lives to university studies without financial compensation and in many cases living in destitute situations.

I have a high respect for our people who have earned a Ph.D; it take a lot of courage and hard work, and young people need to know who the REAL "doctors" are.

Susie Linklater.

letter

Three times a charm

Mistissini holds third annual football camp for youth

photos and story by Steve Bonspiel



"What time is it? Time to get busy!"

Alouettes Coach Don Matthews' unofficial song belted out of the speakers at Mistissini's makeshift football field in front of 200-plus eager, football-hungry kids.

The song, made famous by Mathews after he performed his own rap rendition a couple years back, led a short workout by Matthews' girlfriend, personal fitness trainer Stephanie Brown.

And then it was time to play ball.

Children from as far away as Whapmagoostui and Chisasibi took part in Mistissini's Third Annual Football Camp June 28-30, and they walked away with new heroes.

After the Ottawa Renegades were forced to sit out of this year's CFL season and miss the camp for what would have been their third time, the Montreal Alouettes, led by Coach Matthews, decided to pick up the slack.

"I was very thankful to be asked to be honest with you," said coach Matthews. "I've been very fortunate, as have all of us in the CFL and professional athletics, so to be able to give back, it's something that needs to be done. There was no question that as soon as I was asked I felt very privileged," he said.

The camp is set up to promote the sport in a non-traditional market like Eeyou Istchee, but it is also worth much more. Kids learn to express themselves to people who genuinely care about their well-being. They also learn important aspects of life like sharing and teamwork. In the end, their self-esteem is boosted, albeit for a few days.

"It's always a big load of my shoulders after it starts," said Gordon Hudson, Director of Youth Healing Services and the rock that holds this thing together. "There are always questions as to if the kids are going to show up again, how the kids are going to react to Don (Matthews), but once it starts everything falls into place."

Hudson was quick to point out that the camp could have been held in any sport; it is the



Steve Einish, 17

results that matter. "It's not about football here. This is the vehicle we're using to get to these kids. The participation is amazing. We're jumping around, tackling and throwing and that gets kids active. They're happier, healthier, they are better at home and better students, it covers so many aspects."

"We got the cheer-leading going this year because so many little girls asked. It's not a sport, but they're still active," said a beaming Hudson.

There was a touching moment when, after a kid sprayed another kid with water, Coach Matthews consoled him by giving him a jacket to warm up with and by bringing him over to his mother. The family had come all the way from Chisasibi for the camp.

"I've had the opportunity to do a lot of things with children, but this is totally unique," Coach Matthews told the Nation. "The need for this is so vital because of the isolation of this community and



how they need people like us to come up and to expose them to a different way of life, a different thought process. It's very gratifying for us to be able to come here."

Some of the players were deeply touched as well.

"It's been a great experience, said Tackle Uzooma Okeke. "The kids are wonderful, they're open, they come to you and ask you where you're from and what you do. It's good to be around kids who are so enthusiastic and want to get to know you."

Okeke is married with two kids of his own, so the experience was all the more gratifying.

"I have a heart for kids," he said. "To be here and to be with the kids is a tremendous experience."

Okeke said the uniqueness of the camp was what attracted him to Mistissini. "I have coached different clinics where the emphasis is on football," he said. "But here it's not just about football, but to encourage them and give them hope and to try to give them love. I hope that they appreciate us coming here and talking to them to get to know them."

"I hope they're getting the message that there are people out there that do care about them, who want to see them succeed. They can be superstars. They can be football players. They can be



Annie and Dinah Snowboy with Nicholas and Melissa

whatever they want to be as long as they work hard and do it and never give up hope."

The whole thing fascinated Steve Einish, 17. He was excited and hopeful that the camp will be the catalyst towards a football league in Mistissini.

"It's cool, it was fun," he said. "It was a good workout and good to do when you have nothing to do during the day," said Einish, whose favorite player is Timothy Strickland

The 6-foot plus teenager is a basketball player with Chisasibi, but wants to give football more of a try.

"I was learning a lot of funda-

mentals, like how to control a ball, how to catch it and how to play the different positions and the conditioning drills," said Einish.

"It's got to be a great experience for them," said Coach Matthews. "It's not just football we're teaching them, we're teaching them about the wonderful world outside of this little isolated community and that people care about everybody in the world. This is way deeper than just football skills. This is a personal contact with people of different backgrounds and hopefully they appreciate us as much as we appreciate them."

Also on hand was Rod Jacobs, Manager of High Performance Programs with the Aboriginal Sports Circle.

"We've been working with a number of national sport organizations including football Canada, to try to implement more recreational types of sports in order to get our athletes at a higher level of participation," said Jacobs. "We're happy to be here and to show the community and other Aboriginals that we're serious in promoting football."

"In the long run it's about recre-



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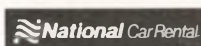


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ation and participation and getting these kids active."

Jacobs also added that he enjoys the grass roots contact when visiting Aboriginal communities. "My

negative spirit was taken away when I took a dip in the Lake," he said. "When I popped my head out of the water I was rejuvenated. Coming to a community is always refreshing. You get back to yours roots, your history. Although I'm Ojibwa, I was able to share my language and culture with them. For me it was not only a sporting event, but it was a spiritual awakening."

Linebacker Timothy Strickland was almost without words.

"It was a very humbling experience to me because it gives you an idea of what other people go through," he said. "No matter the hard times I might have had growing up, seeing them has put into perspective that everybody has their way of coming up through life."

"I had a great time just hanging out with the kids and doing the exercises with them and teaching them football."

Strickland also said that he has never done anything of this magnitude. "I was able to see a whole different side of life and how peo-



Coach Matthews shows his soft side

ple live there," said Strickland, who has been with the Alouettes for five years.

Hudson is looking forward to August when Mississini's flag football teams will hopefully be taking off. Although he warned that they will be taking 'baby steps at first,' he said things look good for next summer.

"We want to get an eight-team league going here by next summer. Eventually, we'll branch out into the other communities, but we wanted to start out small and grow. We don't want to do too much at once and fail," said Hudson, who has his eyes on competing in the 2011 Indigenous Games.

"We have kids coming here at 9, waiting for the camp to start," Hudson continued. "We had parents saying 'I've never seen my child come home and go to bed at seven at night.' The police say vandalism has gone down and youth crime has dropped. I think bringing the positive role models in here where kids can watch them on TV and they can consistently, year after year, deliver the same message, it has an impact, and it shows."



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MISTISSINI'S THIRD ANNUAL FOOTBALL CAMP

photos by Steve Bonspiel





TOP PHOTO

From left to right: Gabriel Cooper, Graduate – Denys Blanchette, Hydro-Quebec Representative – Adam Voyageur, Graduate – Sarah Voyageur, Graduate – Lawrence Jimiken, Niskamoon Board Member – Dr. Billy Diamond, President Niskamoon Corporation – Gaetan Verville, Graduate – Robin McGinley, Niskamoon Board Member – Kathy Shecapio, Niskamoon Regional Coordinator for Training & Employment – David Simon, Graduate





FIRE THREATENS MISTISSINI AGAIN



photos by Jack Quinn



by Will Nicholls

All of the recipes below are made with traditional ingredients found in or around the Cree communities. You can substitute mussels for any of the clam recipes

Clam and Corn Chowder

Sometimes the simplest recipes are the keepers. I love both corn and clam chowder. This combines both with easy-to-find ingredients. Most coastal and inland communities will be able to dig for clams, making this recipe a healthy countrified style food source.

- 1 large onion, sliced
- 2 tablespoons unsalted butter
- 1 can whole kernel corn (17 oz.), undrained
- 2 dozen clams (can use more if you dig for them yourself)
- 1 cup heavy cream
- 4 slices crisply cooked bacon, chopped
- salt and freshly ground black pepper
- 1 tablespoon chopped fresh parsley



In a large skillet, sauté onion in butter until golden. Add corn and liquid and cook for 6 minutes. Open clams, reserving their liquor. Keep the meat in the refrigerator. Bring clam liquor to a boil with cream. Purée onion, corn and cream mixture in a food processor and return to boil. Cook bacon first. When it starts to crisp add clam meat. Cook for about two minutes. Add to cream mixture and bring to a boil. Remove and serve allowing each individual to salt (or salt substitute) and pepper to taste. You can top with parsley if desired.

Linguine with Roasted Garlic & Clam Sauce

This recipe will serve two people nicely. If you have no linguine you can substitute spaghetti. The taste is a surprisingly refreshing change to heavy pasta dishes and great for summer.

- 1 dozen little neck clams; scrubbed clean
- 2 tbsp. olive oil
- 4 cloves garlic
- 1/4 tsp. red pepper flakes
- 3 tbsp. chopped parsley
- 1 cup white wine
- 12 oz fresh linguine cooked and drained

Place garlic on square of foil and drizzle with a little olive oil. Roast in a 400 degree F oven for 20 minutes or until tender. Peel garlic and coarsely chop. Heat oil in a large pot and stir in garlic. Add pepper flakes and parsley. Pour in wine and bring to a simmer. Add clams and cover pot. Cook about 6-8 minutes or until clams are all open. Discard any unopened clams. Stir in linguine and toss to coat. Serve immediately.



Clam Hash

This is a breakfast recipe. It's called running out of food and cooking whatever is in the fridge or cupboards. Just a little reminder: poached eggs are healthier for you than fried.

- 5 tablespoons butter
- 2 cups (approximately) minced or ground clams
- 2 cups (more or less) finely chopped peeled potatoes
- 1/2 cup minced scallions, green and white parts, or onion
- 1 teaspoon minced garlic
- salt and freshly ground black pepper to taste
- 4 poached or soft-boiled eggs (optional)

Melt 2 tablespoons of the butter in a 12-inch non-stick skillet over medium heat. Mix together the clams, potatoes, scallions, and garlic; when the butter foam subsides, spread the mixture in the pan and flatten with a spatula. Lower the heat, season with salt and pepper, and cook slowly until browned on the bottom, about 20 minutes (check by lifting a corner with a spatula).

Slide the cake onto a plate, top with another plate, and invert. Melt another 2 tablespoons butter in the pan and, when it

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Cree Board of Health and Social Services of James Bay

melts, return the cake to the pan. Cook until browned. Spread with the remaining tablespoon of butter and serve, with or without poached eggs.

Steamed Clams with Beer and Bacon

This is a simple recipe with easy-to-find ingredients.

4 slices bacon, chopped
1 small onion, chopped
2 cloves garlic, chopped
3 pounds clams, scrubbed well
1 cup beer, water or chicken stock



Fry bacon in a medium pot until soft and golden, about 4 minutes. Add the onion and garlic and continue cooking until the bacon is nicely browned and the onion is tender, about 4 minutes longer.

Stir in the clams and add the beer.

Cover the pot and steam the clams for 6-7 minutes, until they open. Discard any clams that do not open.

Stir gently to mix with the bacon, garlic and onion, and serve immediately.

Ann's Family Pea Soup

Recently I got a call from an old friend. It seems she had lost her family recipe for pea soup. As she had given it to me years ago I was able to return it to her. To ensure that neither one of us ever loses it again, I am sharing it with our readers. For you ultra-carnivores you can add a ham bone with some ham still left on it.

4 strips bacon, minced
1 medium onion, diced (about 1 1/4 cups)
1 carrot, diced (about 1/3 cup)
1 celery stalk, diced (about 1/2 cup)
1 leek, white and light green part, diced (about 1 1/4 cups)
6 cups chicken broth
2 yellow or white potatoes, peeled and diced (about 2 cups)
1/2 pound split green or yellow peas or lentils
Sachet: 1 bay leaf, 1 whole clove, 1 garlic clove, 4 to 5 peppercorns enclosed in a large tea ball or tied in a cheesecloth pouch
salt to taste
freshly ground black pepper to taste
1 cup tiny croutons

Cook the bacon in a soup pot over medium-high heat until crisp and brown. Remove the bacon with a slotted spoon; drain on paper towels and set aside.

Pour off all but 3 tablespoons of the bacon fat. Add the onion, carrot, celery and leek, stir to evenly coat with fat. Cover the pot and cook the vegetables over medium-low heat, stirring occasionally, until the onion is tender and translucent, 6 to 8 minutes.

Add the broth, potatoes, peas and ham bone (optional). Bring

to a simmer and cook over medium heat for 20 minutes, stirring occasionally. Add the sachet and simmer until the split peas are soft, about 30 minutes. Skim away any scum as needed during simmering.

Remove and discard the sachet. Remove the ham bone (optional) and set aside to cool. When cool enough to handle, cut the ham off the bone, dice and set aside.

Strain the soup through a sieve, reserving the liquid. Purée the solids and return to the soup pot. Add enough of the reserved liquid to achieve a thick soup consistency. Blend well. Stir in the diced ham (optional) and bacon.

Season to taste with salt and pepper. Serve in heated bowls, garnished with croutons.

Aunt Margaret Tawatoy's Elk Steak

I came across this gem while looking for traditional food and ways to cook the bounty of the land. It is a simple and utterly delicious recipe.

Caribou, elk or moose

Bacon, salt (or substitute) and pepper to taste.

Onion

Note: can substitute caribou, moose or beef steak can be used, this is a layered dish so use amounts that work out for the amount of layers that are needed.

Using a hot cast iron frying pan, place steaks in it and quickly fry on each side, 30 seconds to a minute. When they are all cooked, place a layer of bacon on the bottom of a Dutch oven or a heavy baking kettle, then a layer of raw onion rings, then a layer of steak. Continue until you end with a layer of onions. Bake in an oven at 375 F until well done, approx. 60 - 75 minutes.

Serve hot with lots of fried bread or white bread to soak up the wonderful juices and grease. This is also wonderful to make and chill and take with you on a hunting or fishing trip to with white bread and salt for sandwiches!

Note: Aunt Margaret Tawatoy was the niece of Chief Joseph of the Nez Perce tribe. She was raised in Catholic school on the Umatilla Indian reservation on the Umatilla Indian reservation in Oregon and was a qualified cook in all areas, always incorporating our native foods into traditional meals.

Cooking Tip

You can substitute ground sunflower seeds for flour or corn starch when thickening soups, stews and sauces. This will make a nuttier flavour and is a great change to a recipe everyone has gotten used to.



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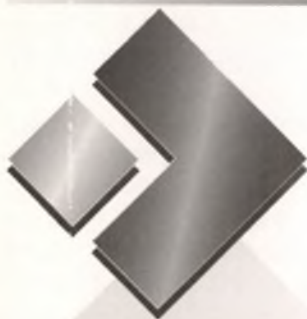
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Gathering caps Chisasibi family violence project

By Kathryn Campbell

Family violence hurts everyone: children, wives, husbands, siblings, grandparents, aunts, uncles, cousins. When it happens in a home, no one is immune or unaffected. Whether a person is the perpetrator, victim or a witness to family violence, it has an impact – it makes people afraid, it affects self-esteem and sometimes becomes behaviour that is passed on from one generation to the next.

This past spring, Chisasibi took action against this problem. On March 27, a gathering was held in Chisasibi to mark the end of a three-year research and education project. This project was undertaken in conjunction with the Cree Board of Health and Social Services (CBHSS) and myself in my role as associate professor of criminology at the University of Ottawa. The project's aim is to increase awareness in the community about family violence, and to provide education with an aim towards prevention.

The project began in 2002, when we received funding from the Social Sciences and Humanities Research Council of Canada to work with Chisasibi to find solutions to family violence. The first part of the project involved interviewing people from the community who worked with families affected by violence. It was important to recognize how they understood this problem. They worked directly or indirectly with both victims and perpetrators.

These interviews revealed that, while there appeared to be a new awakening in Chisasibi about family violence, it still remained hidden and was made worse by drug and alcohol abuse.

"There is an awakening that's been going on for some years now. The community's starting to talk about family violence... it's starting to come out as something that's not right. But there's still a lot of families that endure it, that don't talk about it... I don't think a lot of people are aware that they have the right to say no... so they pretty much suffer alone and suffer in silence." (Interviewee)

What was interesting was many people still recalled the negative impact of moving from the island, from Fort George, and expressed the belief that the move had and continues to have a detrimental effect on the social health of the community, including increased social problems resulting from broken family ties, loss of culture, and increased access to drugs and alcohol.

"The relocation, the residential school, the loss of land, of river, has had a big impact on the community. Our social life had to change, we used to have these fishing gatherings every summer and that was lost and the sharing in those gatherings was lost. The way of sharing and the way of thinking has changed. That was one of our values, to share what we had, to share our resources, but now it's becoming territorial: 'This is my fish – if you want to share you have to give something back.'" (Interviewee)

Further, the current "southern" justice system is not viewed as particularly effective in dealing with the problem, and social services are perceived by many in the community as serving to break up families. At the same time, many of the people interviewed believed that the solutions to family violence must come from the community and that future initiatives should include family time spent in the bush, using the wisdom of the Elders and having workshops for families on different topics.

The final phase of the project involved a community gathering that took place March 27. It involved a whole day of events centred on the issue of family violence.

Following a moving introduction by Elder Annie Herodier, those attending the conference heard the results of the initial study. This was followed by viewing a film on restorative justice, *A Healing River* (a copy of this film was donated to CBHSS).

At lunch, a children's activity took place in the commercial centre, entitled "Hands are not for hitting." In order to

send a non-violent message to the children of the community, kids were invited to make prints of their hands in paint and sign their names on a large bulletin board. Many children (and adults) in the community took part in this activity.

In the afternoon, some survivors of family violence shared their stories at the conference. It was both heart-breaking and encouraging to hear how others had managed to deal with this problem in their own lives. The second phase of the project involved interviewing people who had experienced violence directly, both victims and perpetrators. These interviews are almost finished and the results will be written up shortly.

The day ended with a traditional feast at the women's lodge, where many community members shared beaver, moose meat and other traditional foods.

While this project will not necessarily have an immediate impact on how the criminal justice or social service system responds to family violence, it is hoped that the project and the conference will help reinforce the message that family violence is wrong, that there are other ways to deal with anger, aggression, frustration and control, and that the community of Chisasibi does not tolerate such behaviour.

Many people were involved in helping with this project, including: Laura Bearskin, Roger House, Virginia Gilpin, Charlotte Pebabano, Jill Torrie, Luci Salt, and Violet Bates. A special thanks must go to Doris Bobbish who is very committed to this issue and to the community – without her hard work, the gathering would not have been possible.

If anyone is interested in reading a report on this project or for more information, please contact Kathryn Campbell at katcamp@uottawa.ca.



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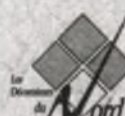
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Summer Movie Lineup – July

by The Shadow Critics



The Wild – The Wild is one of the recent offerings in a summer line-up of animated movies for children during their summer break. The animation is good. And, as with any modern movie of this genre, all the main characters' voices are done by famous actors. The movie takes you from New York to the jungles (a.k.a. "the wild") on an adventure of sorts. I was not quite sure what the lessons were in this story. I do not figure they would fit into morals, as it perhaps takes a shot at parenting. The younger audience members were entertained, as were the parents so as a movie it is one of many which will be popular this summer for family outings.



Da Vinci Code – With sketchy acting at points, the pace and presentation of the Da Vinci Code is such that the book may have been a bestseller but the movie disappoints. For the amount of controversy surrounding the opening of this movie, it does not live up to the hype. This is unfortunate as the all-star cast could have put on a spectacular performance, but I would not expect to see best Oscars for acting on this one.

There were protesters outside the movie theatre; most were there because of the religious theme. After seeing the picture I would have appreciate a few advising me on the performances as well.



Mission Impossible III – This action-packed sequel is a perfect way to start off your summer – it has action, a great villain, and some great stunts. I was on the edge of my seat more than once and easily polished off my large popcorn and drink. I do not know what sciencyology advocates, but Tom Cruise does not seem to age. His love interest in this edition is beautiful and alluring. There are a few areas of the plot which could have been better – to those who go to the movies often it might seem predictable at times. But I felt good about paying ticket price for this movie offering. The Vatican might not feel as overjoyed at this, as Cruise sets his sights on penetrating the security of this city state.



Nacho Libre – The movie is a cross between the Mexican equivalent of the WWF and School of Rock. Jack Black could not resist some singing during the movie, but the movie was actually a throwback to comedies of old. The pairing of Jack Black with his ultra skinny co-star was like seeing Laurel and Hardy or Abbott and Costello on the screen again. The funny parts were not necessarily in the dialogue as much as in the absurdity of the situations they got in and their reactions. The plot is simple: a monk wrestles for money to help the orphans in a town that is obsessed with wrestling.



Cars – One of the animated movies this summer, Cars looked like it would be fast-paced and exciting for kids. It was not. The film moved briskly in the beginning at the climax when the race cars actually raced. The rest of the story was about life, love, learning lessons about selfishness, and perhaps interesting adaptations of life in a car world. The movie was slow, very slow for the most part, and the younger audience members lost their attention span early on. The promoters of this did a great job of advertising this one, as most of the children were hyped going into the movie, but this wore off eventually. If you are going to take your children to this movie, bring a few toys and snacks along.

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UNDER THE NORTHERN SKY

Time to smell the roses

by Xavier Kataquapit

Gardening is very new to me. No one ever took the time to grow flowers, shrubs or trees up north. The closest thing to gardening in Attawapiskat was a sort of potato farm on Potato Island, a small island in the Attawapiskat River. This island has plenty of trees and a thick healthy layer of soil, which makes it perfect for growing potatoes.

At one point land was cleared, ploughed and cultivated by the missionaries who started actively visiting the area about a century ago. They built small barns, somehow brought in heavy iron equipment, used horses, raised farm animals and planted all sorts of hearty crops. Now the farm is just a small plot of land dedicated to growing potatoes.

Cultivated lawns for mowing were not the norm for a home in Attawapiskat. Most houses in the north had healthy tall grass two feet in height and it was never cut. The only clearings in the grass were caused by muddy footpaths that crisscrossed the town in all sorts of directions. There was a large open field in the back of the school but it was not maintained, so it grew over with grass, shrubs and ponds of water. There was a small baseball diamond that was mostly reserved for adults and teenagers. The old cemetery beside St. Francis Xavier Catholic Church was always kept groomed. In my time it never had any headstones but there are people buried there.

I recall that the Shisheesh family who lived near my home had what looked like a modern lawn in their back yard. It was a small clearing of land bordered by a decorative wire fence. The ground had been levelled and the grass was regularly cut by one of the few lawnmowers in town. Since this was one of the few places in town that was not hard clay, wet mud or overgrown grass, every one of us children in the neighbourhood wanted to run, jump and lie down on this small patch of lawn.

Recently I have been introduced to gardening. I also started reading up on the subject and doing my own research. I soon figured out that gardening is not as easy as it sounds. Most of the exotic plants and flowers we might want to grow are too delicate and weak to withstand a cold winter.

My first thought on dealing with all this was to do lots of work in maintaining, caring and protecting plants and flowers from the hard climate we live in. This seldom works as nature is always one step ahead of us and the environment will eventually kill any weak plant that is left out in the cold for too long.

One of the most significant things I have learned about gardening is the idea that maybe some plants or flowers just don't belong in our backyards or lawns. If it can't stand up to the cold, the clay, the poor soil, too much rain, drought or the sun, then maybe it is not supposed to be there.

Slowly, I have helped my friend Emily to plant and maintain her garden over the years. Each spring, the garden seems to grow a little bigger, as new perennial plants get added.

I find it frustrating sometimes to work hard at trying to make domestic plants grow only to see a wonderful patch of wild roses in bloom growing in hard, dry clay soil on the side of the road.

One thing I have become fond of is the lowly dandelion. I have always admired this strange, hearty flower. It grows everywhere. They grow in great patches in any open field. It doesn't seem to matter if the ground is clay, mud, sand or even gravel, dandelions will find some way of surviving. I am starting to see them as the perfect flower. They don't need any care to grow and they have a perfectly designed delivery system for their seed. It is just a simple puffball and each tiny stem of fluff contains a new seed that can blow in the wind for metres or even a kilometre. To me, there is nothing more beautiful than a lawn full of yellow dandelions in bloom.

We dedicate so much time, money and energy into making the perfect garden and yet there is nothing more beautiful than a field of wild yellow dandelions or buttercups.

I am starting to rediscover the natural beauty of a wild flower. I took a ride on my motorcycle the other day. It was a hot, sunny day and I passed by patches of pink wild rose bushes in bloom, fading blue forget-me-nots and newly bloomed yellow buttercups. There were fields of yellow and white flowers. The air was filled with scents of all sorts and the aroma changed at every mile.

Sometimes I wonder why we work so hard at planting things when we are all living inside a large garden of flowers, shrubs, trees and grass ready for us to admire and appreciate.

All we have to do is to take some time to stop and smell the roses ... wild ones, that is.

List of candidates of the Cree Nation of Mistissini - advance polls July 19, election day July 27

Chief

John Longchap
Matthew Coon-Come
Kenny Loon sr

Deputy Chief

Kathleen J. Wootton -
By Acclamation

Councillor

1. Anne Marie Awashish
2. Kathleen W. Benac
3. Andy Baribeau
4. Robert Baribeau
5. Calvin Blacksmith
6. Jane Blacksmith
7. Alfred Coonishish
8. Willie K. Gunner

9. Mary W. Linton

10. Clifford Loon

11. Caroline Mark

12. Anthony Macleod

13. Charlotte Macleod

14. Deborah Matoush

15. Lizzie P. Matoush

16. John S. Matoush

17. Sophie Matoush

18. Alice Mettawaskum

19. William Mianscum

20. Louise Mitchell

21. Edna Neeposh

22. Joseph Neeposh

23. Alice Petawabano Jutras

24. Annie Trapper

25. Matthew Wapachee

26. Denise White

EMPLOYMENT



Pedagogical Counsellor

The Cégep de Saint-Félicien's Business and Community Service Department wishes to hire a Pedagogical Counsellor, for a part-time position (2 1/2 days per week) within its ASHUUGANS PROGRAM. The position will be based in the Cree community of Mistissini, starting in August 2006. Language of work: English.

CEGEP
de Saint-Félicien

Nature of mandate:

The Pedagogical Counsellor provides advice, assistance, facilitation, support and feedback to management personnel responsible for educational services, as well as

to professors and other professionals.

This mandate involves the following:

- ✓ Implementation, coordination, development and evaluation of training programs
- ✓ Academic organisation
- ✓ Research
- ✓ Support and facilitation of activities related to education and adult education
- ✓ Selection and use of teaching methods, techniques and materials
- ✓ Recognition of prior learning
- ✓ Pedagogical applications of computers

Qualifications: University diploma (Bachelor's level) in a field related to the position.

Salary: Between \$35,200 and \$66,734 yearly.

Premiums: The incumbent will be eligible to regional disparities premiums (sector 3).

Place of work: Mistissini

Interested candidates must send
a resume by **Thursday,**
July 27, 2006, 4:00 PM
to the following address:

Competition SEC-CP-A2006-01
Cégep de Saint-Félicien
Human Resources Department
1105, boul. Hamel. P.O. Box 7300
Saint-Félicien QC G8K 2R8
Fax : (418) 679-9261
Email : nlamothe@cstfelicien.qc.ca

The College is committed to the principle of equity in employment according to its Access to equality program.



STUDENT PEDAGOGICAL/SUPPORT COUNSELLOR

The Cégep de Saint-Félicien's Business and Community Service Department wishes to hire a Student Pedagogical/Support Counsellor, for a part-time position (2 1/2 days per week) within its ASHUUGANS PROGRAM. The position will be based in the Cree community of Mistissini, starting in August 2006. Language of work: English.

CEGEP
de Saint-Félicien

Nature of mandate:

The Student Pedagogical/Support Counsellor provides advice, assistance, facilitation and information services to students and instructors, and is specifically involved in:

Developing educational profiles based on the students' interests, aptitudes and abilities: selection of courses and options, follow-up of educational project
Monitoring students' progress: identify challenges and difficulties, evaluate and recommend remedial action, adjust the students' course load, etc.
Implementing measures to improve the overall performance of students, in cooperation with Departments.

Qualifications:

University diploma (Bachelor's level) in a field related to the position, including: Education sciences

Career counselling

School/professional information

Psychology

Salary: Between \$35,829 and \$66,167 yearly.

Premiums: The incumbent will be eligible to regional disparities premiums (sector 3).

Place of work: Mistissini

Interested candidates must send
a resume by **Thursday, July 27,**
2006, 4:00 PM to the following
address:

Cégep de Saint-Félicien
Human Resources Department
1105, boul. Hamel. P.O. Box 7300
Saint-Félicien QC G8K 2R8
Fax : (418) 679-9261
Email : nlamothe@cstfelicien.qc.ca

Competition # SEC-API-A2006-01



The Cégep de Saint-Félicien's Business and Community Service Department wishes to hire instructors within its ASHUUGANS PROGRAM, to teach the following courses, in English, to Cree students in Mistissini:

SEC A-2006-01

QUALIFICATIONS:

Part-time teaching contract, 45 hours, in English (603)
Bachelor's Degree in English
Bilingual, written and oral

SEC A-2006-02

QUALIFICATIONS:

Part-time teaching contract, 45 hours, in French (602)
Bachelor's Degree in French or Quebec literature
Bilingual, written and oral

SEC A-2006-03

QUALIFICATIONS:

Part-time teaching contract, 45 hours, in Math (201)
Bachelor's Degree in Math, Bilingual, written and oral

SEC A-2006-04

QUALIFICATIONS:

Part-time teaching contract, 30 hours, in Physical Education (109)

QUALIFICATIONS:

Bachelor's Degree in Physical Education
Bilingual, written and oral

SEC A-2006-05

QUALIFICATIONS:

Part-time teaching contract, 45 hours, in Anthropology (381)
Bachelor's Degree in Anthropology
Bilingual, written and oral

SEC A-2006-06

QUALIFICATIONS:

Part-time teaching contract, 45 hours, in discipline 360
Course: 'Work, Future and Self'
Bachelor's Degree in Social Sciences or related discipline
Bilingual, written and oral

Experience in psycho-pedagogy and teaching is an asset for all of these positions.

Persons selected will be eligible to regional disparities premiums (sector 3).

Please apply by sending your resume and complete transcripts, **indicating the competition number, before July 27, 2006, 4:00 PM**, to the following address:

Cégep de Saint-Félicien
Human Resources Department

1105, boul. Hamel, P.O. Box 7300
Saint-Félicien QC G8K 2R8
Fax : (418) 679-9261

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Please contact 514 272-3077



CLASSIFIEDS

BIRTHDAYS - 101

I would like to say happy 1st birthday to Justine Sylvia Grace Whiskeychan on July 12..2006 I hope your day will be special as you are and I love you xoxoxoxwith love Margaret in Wask.

I would like to say a happy 1st birthday to someone special in my life MY DAUGHTER Justine Sylvia Grace Whiskeychan on JULY 12.2006. And I hope you enjoy your special day. Once again happy b-day. And I love you so much with lots of love, your mommy (Claudia)

Happy anniversary to our parents and grandparents Ernest and Katherine on June 28 2006. We thank you both for everything. We love you both always. from your children and your grand children.

I want to congratulate to Lorraine and Simeon on their wedding on June 30 2006 in Chibougamau. And happy birthday as well on July 1 Lorraine. Congratulations to both of you's. with love your family in waskaganish!!!!!!

We would like to wish a happy father's day to our one and only Grandpa Richard we love you so much and happy birthday to our Auntie Ellenish on June 18, 2006 love u so much and many many more to come from Kyle & Mamagash.

Birthday Wishes goes out to the following people; to Janie Petawabano on July 3, Neil Blacksmith on July 7, Michael Voyageur on July 11, Isyreal Voyageur on July 14 (1st b-day), Nikita Loon on July 15, Robert Ratt on July 22, Gookum Mary on July 26, Amanda Voyageur on July 28, and last but not least Gracelynn Voyageur on July 30, 2006..love you all, and have a wonderful day!!! From

the Coons at 34-B Waabinuutau Street.

Happy Father's Day to my Daddy Daniel Georgekish. All my love and gratitude for the thoughtful things you've done can be summed up in this one phrase, Dad...I'm so proud to be your son!

Happy Father's Day & I Love You Marcus.

I Would Like To say Happy Father's Day To my Daddy Steven Lameboy On June 18-2006 I Love You Daddy Love Always Your Son Jaylen J.M.Salt In Chisasibi

I would like to say to the following people first to my only Brother Tony Salt (Waskaganish) Tony Rupert In Chisasaibi Victor Longchap In Waswanipi And To Billy Lameboy Lameboy (In Chisasibi) Happy Father's Day Guys From Alice and Jay In Chisasibi

I would like to say happy father's day to my daddy Robert Salt In (Chisasibi) Love Always your Daughter Alice Salt.

To my dear friend Edna Blacksmith, oh how I miss your laugh. You are such a good friend, God, has his eyes on you. I miss you I hope you come back to Montreal soon. Talk to you soon God bless you and keep your eyes on God he'll do the rest. Sit back and enjoy your work in Mistissini. God will do so much for you, your friend always. Olivia Couchees Montreal

We would like to wish a happy birthday to our namesake Barbara Blackned on July 20th. Enjoy your special day. From your two namesakes Bernadette Cindy Katapatuk and Aryssa Eliza Gilpin

We would like to wish a happy birthday to the following people

ple Medge on July 5, Alfred July 6 Jason Weistche Gilpin on the 17th, Derian on the 20th, Alex 24th Shirlene on the 25, Aryssa on the 28 of July Happy Birthday to you all hope you all had fun on your special days from Bernadette, Alfred jr, Alanna, Larry, and Jonathan.

Happy Birthday to my great friend Mina Petagumskum from Greatwhale River on July 3/06, she is funny, loves to smile, and I love making her laugh, I totally forget how old you are going to be but enjoy every moment of it because you deserve it and nothing but the best. My kindest friend in Attawapiskat Bernice Kataquapit on July 6/06 who's very quiet and way too kind and she should be everybody's friend and my smart little friend who is really good at getting on my nerves because she corrects me even though I am 10 years older, but we would like to wish a happy birthday to our namesake Barbara Blackned on July 20th Enjoy your special day from your two namesakes Bernadette Cindy Katapatuk and Aryssa Eliza Gilpin

Happy Birthday to my great friend Mina Petagumskum from Greatwhale River on July 3/06, she is funny, loves to smile, and I love making her laugh, I totally forget how old you are going to be but enjoy every moment of it because you deserve it and nothing but the best. My kindest friend in Attawapiskat Bernice Kataquapit on July 6/06 who's very quiet and way too kind and she should be everybody's friend and my smart little friend who is really good at getting on my nerves because she corrects me even though I am 10 years

older, but she's the sweetest as ever Cherish Neeposh Dick from Nemaska on July 7/2006. You are going to be 13 years old! I knew you when you were two and now your starting to be everywhere. Your parents raised a smart young lady and your adorable everyday. Many more to come and love you's all very much. Forever yours in friendship Cynthia Blackned. By the way CONGRATULATIONS! on your graduation Cherish, I am proud of you, your going to be a High School chick now! and SPONYT. See you around. Mina and Bernice hope to see you again in the near future miss you so berry much!

Angel Emily Summer and Ethan Frank. Happy Birthday to you both. I miss you so much it hurts. I can't wait to see you. Hope you have fun at your birthday parties. I love you big smooch to both of you. Your Antie in Montreal Olivia Couchees take care.

We would like to wish a Happy 1st Birthday to Kersean Landen James Moar on July 11. Luv You So Much BoodooBoy! Many more to come. lots of love from your Auntie Lenora and your lil cuz Lekasha.xoxo(Wask)

Happy BELATED Father's day to the most important men in our lives, Gregory Tooma, G e o r g e Chemaganish, Sylvester Tooma and Timothy Pien from Joanne, Mark and Annika in Montreal. And Happy belated fathers day to our brothers uncles, brother-in-laws, God fathers and friends back in Kawawa...Hope ur day was special!! God Bless with love Gregory, Joanne, Mark and Annika

CLASSIFIEDS

Happy 6th Birthday to the light of our lives, our everything, our 1st love, My first-born son Mark Tooma, on July 26. God has never blessed us this much since the day you were born. You are very special and very dear to us, u will be forever in our hearts no matter what. We Love you so much. Happy Birthday and have a great one. Love Mom, Dad, and ur baby sis Annika-Joy xoxoxoxo and at last but not least Happy Birthday to our aunt Maggie Sandy on July 4. from all of us in Montreal!!!! Hope to see u guys soon.

I would like to send out birthday greetings to my 'Ammoo' He will be celebrating his birthday on July 9. Throughout the years I've known you, I have grown more in love with you. You are someone truly special & I thank you, I God for sending you my way. From sun up to sun down, you brighten up my days. You have filled up my heart with so much joy and laughter. There's so much I wanna share with you, so many places I wanna go with you. I thank you for everything you've done and said to make me feel better, & all the ways you've shown how much you care. Happy birthday Ammoo, I love you so much & I hope you enjoy your day. With lots of love, kisses & hugs Vicky

GRADUATION - 104

Congratulations to Lillian Wapachee on completing another year at Lakehead University in Thunder Bay, you are that much closer on achieving what you sent on doing. I know we have given you a hard time throughout the year, we are sorry for that and will try and be better next

year. We are so very proud of you. Love Alexandria, Jamie, Jordan, Jake, Vanessa, Trey and Bailey.

We would like to Congratulate our Daughter Rhonda Georgekish on her Graduation from Ecole National du Police de Quebec. You made us very Proud. Your life long heartfelt dream is finally coming true because of your hard work and perseverance. Congratulate yourself for all the things that you've accomplished and for all the challenges you've met and most importantly the goal you achieved. We wish you a bright, successful future and best of luck along life's way... That's what you're wished sincerely with lots of love. Mom and Dad.

We would like to Congratulate Betty Stewart, Wesesquin Gunner and Victor Longchap on their Graduation as well. Good luck to all of you! Theresa and Frank Georgekish (Wemindji)

Congratulations to the 18 ENCS Graduates of Mississini, it has been a whole year since you have finished the course (June 30th). I hope you are all making a difference in the lives of the children you come in contact with. Brenda, Tina, Charlotte, Florrie, Florence, Francine, Priscella, Mary, Margaret, Evelyn I, Evelyn L, Natalie M, Natalie J, Sonia, Robin, Jo-Ann, Erica, and Minah. Wishing you success in all you attempt. Love Holly

Congratulations to Linda Shecapio who graduated from Carleton University in Political Sciences on June 14, 2006. Good for you. You, buddy, are destined for greatness. Embrace it. From Mabel

(& Paul, and the "Creequins") in Aylmer.

Congratulations to my brother, Isik Mapachee, on graduating his course in Automated Systems Electro-Mechanics Program in Rouyn-Noranda Qc. I'm proud of your accomplishment.. then again I knew all along that you'd succeed in everything you set your mind into. I sure am glad you've finally put your brain into something usefull for a change !! And I mean that in good nature Proud of you & good luck wherever you go from here !! fr: Sister in Wem.

A very special "congratulations" is sent to my daughter Allysa Mark who graduated from high school at MacLean Memorial in Chibougamau on June 17, 2006. I am so proud of you and I always believed you can do it. I can not help but feel a very special pride especially when you read your "Valedictorian" speech. I recall all the years that dad and I pushed you to focus and work hard in school and it was nice to hear the words we were never quite sure sank in your head "work first, play after". After hearing these in your speech, we felt that what we said were not just empty words, you actually heard them and applied them to excel in school. Also, remember how excited you were to be accepted into Dawson College? I told you it was one thing to be accepted into a College but it was another thing to actually graduate from College. I will not always be there to guide you in person but please remember, in spirit, I am always by your side no matter what. At least now, you have my blessing to leave home to

pursue your studies and begin life by standing on your own two feet instead of "running away" from home. Take good care and make positive choices for yourself. Forever loving you, your mom, Caroline Mark.

OBITUARIES - 105

A heartfelt thanks to Pastor Kenny Jolly Sr, and his wife Madeilene Jolly, Bella Jolly Sr, our family and friends who shared their time with us during our grief with the loss of our child Baby Blackned Mianscum. God works on Miracles and God sees all kindness to others like yours and your caring ways and most of all your friendship. Thank you very much for your support! from Cynthia Blackned and Kevin Mianscum

Public Service Announcements - 400

The Native Women's Shelter of Montreal now has a 1-800 number. You can now reach us toll-free at: 1-866-403-4688. Please check out the new website at: www.nwsm.info and feel free to give us any feedback. Do you need help? Someone to talk to? Call the Kid's Help Phone's toll-free number, at: 1-800-668-6868 or check out their website at: www.kidshelp.sympatico.ca. Mississauga First nation 25th Annual Pow Wow (Our Theme is Honouring our Community July 15th & 16th, 2006. 3 miles west of Blind River, Ontario Canada Host Drum: W i k w e m i k o n g Zingers..... Cohost: TBA (under new management) For more info. Contact Laurie Jacques@705-356-0591 or 705-359-1621 ext. 2241 or, Bec Daybutch@705-356-0591 or bevdaybutch@yahoo.ca

THE CREE NATION OF NEMASKA PRESENTS THE 11TH EDITION OF THE

CREE NATION FITNESS CHALLENGE



JULY 28-30, 2006

REGISTRATION DEADLINE: MONDAY, JULY 24, 5PM
ALL ATHLETES MUST SUBMIT MEDICAL RELEASE FORM TO COMPETE IN THE EVENT

Competitive

EVENTS	MEN	WOMEN
Swimming	1 km	1 km
Cycling	20 km	15 km
Portage	1 km	.5 km
Canoeing	2 km	.5 km
Running	10 km	7.5 km
TOTAL	34 km	24.5 km

Mini-Challenge

EVENTS	BOYS	GIRLS
Swimming	.5 km	.5 km
Cycling	5 km	5 km
Portage	.5 km	.5 km
Canoeing	.5 km	.5 km
Running	7.5 km	7.5 km
TOTAL	14 km	14 km

Recreational

EVENTS	MEN	WOMEN
Swimming	.5 km	.5 km
Cycling	10 km	7.5 km
Portage	1 km	.5 km
Canoeing	1 km	.5 km
Running	7.5 km	5 km
TOTAL	20 km	14 km

Team Relay

EVENTS	MEN	WOMEN
Swimming	2 km	1 km
Cycling	30 km	15 km
Portage	2.5 km	1 km
Canoeing	8 km	2 km
Running	20 km	10 km
TOTAL	62.5 km	29 km



Cash Prizes

CATEGORIES
Competitive
Recreational
Men's Team Relay
Women's Team Relay
Mini-Challenge

1st
\$ 4,000
\$ 2,500
\$ 5,000
\$ 3,000
\$ 2,000

2nd
\$ 3,000
\$ 2,000
\$ 4,000
\$ 2,000
\$ 1,500

3rd
\$ 2,000
\$ 1,500
\$ 3,000
\$ 1,000
\$ 1,000

4th
\$ 1,000
\$ 1,000
\$ 2,000
\$ 750
\$ 500

5th
\$ 500
\$ 500
\$ 1,000
\$ 500
\$ 250

FOR MORE INFORMATION

contact the Nemaska Recreation Department
at (819) 673-2244 or contact your local recreation department



Cree Nation of Nemaska - July 28-29-30, 2006

OFFICIAL PROGRAM



Entertainment

Special guests:

Cree Regional Youth

*** Ashley Iserhoff, Deputy Grand Chief
Grand Council of Crees of Quebec**

Music Festival 2006

*** Youth Role Model-Tyrone MacNeil, Mi'kmaq NFLD**

*** Plus various Cree Youth performers**

CREE REGIONAL YOUTH MUSIC FESTIVAL

DAILY ADMISSION RATES:

\$10.00 Adults (13 yrs+)

\$5.00 Children (5-12 yrs)

**Fundraising activities: Fitness Challenge Raffle Draw, 2005
CNFC Video Release for sale, Souvenirs, and much more...**

Sunday, July 30, 2006

9:00 am Women's Team Relay
Award presentations/Photo Sessions
12:00 pm Snack/Refreshments
1:00 pm Men's Team Relay
Award presentations/Photo Sessions
Closing Ceremonies

Music Festival
Dominic Swallow, Fest. coordinator
Work: 819-673-2600





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Nad-Nemskowanoo Days

(Old Nemaska Gathering)

July 9 -24, 2006

*Come, Join and Share with the Nemaskan
Eenouch as they renew and rekindle their
connection with their ancestral home at Old
Nemaska*

For more information contact
the Cree Nation of Nemaska
Culture/Special Projects
Department @ 819-673-2512

